

Motivation Formula: Stepping Stones

You can use the stress you feel
You can use the hurt to heal
There's a formula right here to educate you
It can help you ride reality
You'll see your problems differently
If you work this plan is sure to elevate you

Face the challenge that faces you
Know the worth of your point of view
Don't get stuck in the flooded zone
See the problem as a stepping stone
An obstacle can be the road to opportunity

Trials happen big and small
No one can avoid them all
Sometimes you end up bogged down in the mud
Find your purpose, take control
Let that passion guide your goal
You don't have to stay inside the flood

(Repeat Chorus)

If you're gonna go the distance
Stay off the path of least resistance
With the life you have to live
Respect yourself enough to give
With character heart and good attitude
Turn the anger into gratitude
That is my communication
It's how you'll find the motivation

Face the challenge that faces you
You have the power to make it through
Don't get stuck in the flooded zone
You are not in this alone
An obstacle can be the road to opportunity

